



POINT VALUE CALCULATION FORM

There are a total of **250 possible points** to obtain in the Passport to Cardiovascular Health program. Please use this form to calculate your total points earned through participation in this 3-month program. Please give your team captain your total points earned **no later than (insert date)** and they will submit one cumulative team point score to **(insert Passport Facilitator)**.

- ☐ I completed the Take Charge of My Health Pledge = 10 points
- ☐ I took a trip to the Mediterranean = 15 points
- ☐ I took a trip to Colorado = 15 points
- ☐ I took a trip to Framingham, MA = 15 points
- ☐ I took a trip to Great Britain = 15 points
- ☐ I took a trip to Egypt = 15 points
- ☐ I took a trip to Latin America = 15 points
- ☐ I took a trip to Thailand = 15 points
- ☐ I took a trip to Bhutan = 15 points
- ☐ On average, I completed _____ steps per day = _____ points (see goal 8 in this booklet for point values)
- ☐ I participated in one or more educational/physical activity offerings offsite = 20 points
- ☐ I have taken steps to quit smoking = 10 points
- ☐ I do not smoke OR have and quit at some point during my lifetime = 10 points
- ☐ I made an appointment to see my doctor = 5 points
- ☐ I rarely eat at restaurants OR make healthy food choices when I do = 5 points
- ☐ I used the AHA food diary to track my fruit and vegetable intake for one week = 5 points
- ☐ I used the weekly log sheet to track my daily steps for one month = 5 points
- ☐ I attended the post-screening for my heart health risk profile.
- ☐ At the pre-screening, my waist to hip ratio was below the ratio of 0.8 for females and 0.9 for males, and I maintained my waist to hip ratio during the program.
- ☐ At the pre-screening, my waist to hip ratio was above the ratio of 0.8 for females and 0.9 for males, and I decreased my waist to hip ratio toward the desirable ratio during the program.

Sum/Add the point values of all your completed activities.

Total points earned = _____

Congratulations for registering to participate in the three-month heart health program, 'Passport to Cardiovascular Health'. This is the first step toward making a commitment to your own health and fight heart disease and stroke.

Name: _____

Team Name: _____

Telephone Number: _____

Take Charge of My Health Pledge (10 points)

My health is important to me and my family. That's why I'm making a commitment to live a healthy lifestyle to do my part to reduce my risk of heart disease and stroke. I'm fully committed to actively participating in the 'Passport to Heart Health' program.

Because I'm responsible for my own health, I am willing to try to take steps:

- To visit my doctor for regular check-ups.
- To quit smoking (if I smoke).
- To limit my sodium intake.
- To limit how much caffeine and alcohol I drink.
- To eat more fruits and vegetables, and foods high in fiber.
- To try new heart-healthy recipes.
- To control my weight and blood cholesterol with a low-saturated fat, low-cholesterol diet.
- To be physically active for at least 30-60 minutes on most days of the week.
- To take my medications every day exactly as prescribed (if I am currently taking medication).
- To ask my family, friends, and co-workers to support me.

I know that preventing—or treating and controlling—risk factors for heart disease and stroke is important. I want to be healthy to enjoy my life and loved ones for many years.

Signature: _____ Date: _____

Support person signature: _____

PASSPORT TO CARDI

Based on the American Health Association
for Cardiovascular Diseases

OVASCULAR HEALTH

unities for Points

1. CONSUME AN OVERALL HEALTHY DIET

Guideline: Consume a variety of fruits, vegetables, and grain products, especially whole grains; choose fat-free and low-fat dairy products, legumes, poultry, and lean meats; and eat fish, preferably oil fish, at least twice a week.

➤ A TRIP TO THE MEDITERRANEAN (15 points)

'The Mediterranean Diet'

Date/Time:

Description: Mediterranean lifestyles and diet are a proven winner for remarkable health benefits. In this session, we will explore the lifestyle and diet of the Mediterranean people. Discover the importance of olive oil, grains, fruits and vegetables, and adding physical movement into your day.

Presenter:

Trip Confirmation (stamp and initial):



☐ **5 Points:** If you rarely (no more than once per week) eat your meals at restaurants OR make healthier food selections when you do.

☐ **5 Points:** If you use the American Heart Association's Food Diary (see your team captain for the food diary) to record how many servings of fruits and vegetables you eat per day for at least one week.

☐ **5 Points:** If you use the weekly log sheet (see your team captain for the log sheet) to track your steps per day for at least one month.



PASSPORT TO CARDIOVASCULAR HEALTH
2006 Diet and Lifestyle Goals
Additional Opportunity for Disease Risk Reduction

☐ **20 Points:** Participate in one or more educational sessions or physical activity offerings offsite (i.e. programs at Catholic Medical Center or Elliot Hospital).

☐ **10 Points:** Take steps to quit smoking, such as discuss options with your doctor or attend a smoking cessation program.



☐ **10 Points:** If you have never smoked cigarettes OR have and quit at some point during your lifetime.

☐ **5 Points:** If you make an appointment with your doctor for a regular check-up OR follow-up about your cardiovascular risk profile screenings.

2. AIM FOR A HEALTHY BODY WEIGHT

Guideline: A healthy body weight is currently defined as a body mass index (BMI) of 18.5 to 24.9 kg/m².

➤ **A TRIP TO COLORADO (15 points)**

'A Healthy Weigh through Exercise'

Date/Time:

Description: In 2005, according to national statistics on the number of obese adult residents per state, Colorado ranked #1 in the U.S. for having the lowest percentage of their adult population obese (approximately 16.7%).



Why should I exercise? How do I fit it into my schedule? Where do I start? During this session, learn how much, what kind and how often to exercise, and how to stick with it. Move it and Lose it!

Presenter:

Trip Confirmation (stamp and initial):

PASSPORT TO CARDIOVASCULAR HEALTH

Based on the American Health Association 2006 Diet and Lifestyle Goals
for Cardiovascular Disease Risk Reduction

3. AIM FOR A DESIRABLE LIPID PROFILE

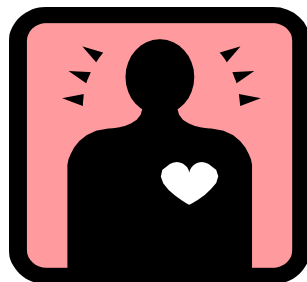
Guideline: Total Cholesterol < 150 mg/dL.; LDL < 100 mg/dL.; HDL > 50 mg/dL. for women and > 40 mg/dL. for men; and Triglycerides < 150 mg/dL.

➤ A TRIP TO FRAMINGHAM, MA (15 points)

'Cholesterol, Fat, and Fiber'

Date/Time:

Description: The Framingham Heart Study is a world-renowned, heart health study that began in 1948 to identify common factors or characteristics that contribute to heart disease. Although it is normal to have cholesterol in your body, too much cholesterol in the blood is a major risk factor for heart disease and stroke.



Most of us are familiar with the advice to eat less fat and more fiber to lower our cholesterol. But with so much information on food labels and often conflicting reports in the news, how can a person know what really works? This session will walk you through the confusion to help you make your diet work for you.

Presenter:

Trip Confirmation (stamp and initial): _____

8. ADDITIONAL GOAL: PEDOMETER-BASED WALKING

Guideline: Aim to take 10,000 steps per day on most days of the week. Approximately 2,000 steps equals one mile.

During the past three months, how many steps did you average per day:



- UNDER 2,000 STEPS PER DAY = 5 POINTS
- BETWEEN 2,000 - 3,999 STEPS PER DAY = 15 POINTS
- BETWEEN 4,000 - 5,999 STEPS PER DAY = 25 POINTS
- BETWEEN 6,000 - 7,999 STEPS PER DAY = 35 POINTS
- BETWEEN 8,000 - 9,999 STEPS PER DAY = 45 POINTS
- AT LEAST ONE MONTH ACHIEVING 10,000+ STEPS PER DAY = 60 POINTS

PASSPORT TO CARDIOVASCULAR HEALTH

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for Cardiovascular Disease Risk Reduction*

7. AVOID USE OF AND EXPOSURE TO TOBACCO PRODUCTS

Guideline: Eliminate the use of tobacco products and minimize exposure to second-hand smoke.

➤ A TRIP TO BHUTAN (15 points)

'Smoking Cessation Options'

Date/Time:

Description: Bhutan is a small kingdom hidden in the Himalayas with a population of approximately 800,000. According to the health ministry, only about 1% of the population in Bhutan smokes cigarettes. In the United States, it is estimated that 20.9% of all adults (44.5 million people) smoke cigarettes.

Think it is time to quit smoking? Tired of huffing and puffing throughout your day? Learn about the available resources to help you quit smoking, and the benefits of becoming a nonsmoker.

Presenter:

Trip Confirmation (stamp and initial):



4. AIM FOR A NORMAL BLOOD PRESSURE

Guideline: A normal BP is a systolic BP < 120 mmHg. and a diastolic < 80 mmHg.

➤ A TRIP TO GREAT BRITAIN (15 points)

'Healthy BP Numbers 101'

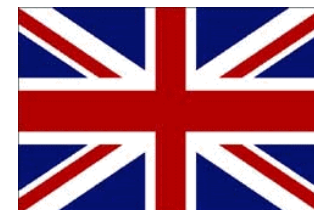
Date/Time:

Description: The first recorded measurement of blood pressure occurred in 1733 by Reverend Stephen Hales. A British veterinarian, Hales spent many years recording the blood pressures of animals. It was not until 1847 that human blood pressure was measured.

Everybody has—and needs—blood pressure. Without it, the blood cannot circulate through the body, and without circulating blood, vital organs cannot get the oxygen and food that they need to function. During this session, you will learn why blood pressure is referred to as “the silent killer,” and why it is important to keep your blood pressure within a healthy level.

Presenter:

Trip Confirmation (stamp and initial):



PASSPORT TO CARDIO VASCULAR HEALTH

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for Cardiovascular Disease Risk Reduction

5. AIM FOR A NORMAL BLOOD GLUCOSE LEVEL

Guideline: A normal fasting glucose level is less than or equal to 100 mg/dL., whereas diabetes is defined by a fasting glucose level greater than or equal to 126 mg/dL.

➤ A TRIP TO EGYPT (15 points)

‘Diabetes, Exercise and Nutrition’

Date/Time:

Description: A medical papyrus, that was written in Egypt in 1552 BC, is the first known document referring to something that could have been diabetes.

This session will explore how to improve your blood sugar control by following a heart healthy meal plan, and how to improve your insulin sensitivity through exercise. Weight loss, cholesterol management, and better blood pressure control are an added bonus!

Presenter:

Trip Confirmation (stamp and initial): _____



6. BE PHYSICALLY ACTIVE

Guideline: Aim to get at least 30 minutes of moderate physical activity on most, if not all, days of the week. If you are trying to lose weight, aim for 30-60 minutes most days.

➤ A TRIP TO LATIN AMERICA (15 points)

‘Cardio Salsa’

Date/Time:

Description: Cardio Salsa is a fun-filled, low-impact aerobics class using lots of high-energy Latin dance moves. This workout is HOT-HOT-HOT!!!

Instructor:

Trip Confirmation (stamp and initial): _____

➤ A TRIP TO THAILAND (15 points)

‘Introduction to Kick-boxing’

Date/Time:

Description: Kickboxing is an empowering total body workout. It is a muscular and cardiovascular endurance workout that targets every major muscle group in the body. Overtime, kickboxing will make you stronger, more aerobically fit, more agile, and more flexible. This session will be introductory—Great for all fitness levels.

Instructor:

Trip Confirmation (stamp and initial): _____

